





JUNE 2023



Monday	Tuesday	Wednesday	Thursday	Friday
 JOIN THE WALK MA CHALLENGE! Lace up your sneakers! Register at www.walkmachallenge.com	JUNE WALKING GROUPS Monday at 1pm : Meet at the Senior Center Tuesday at 10am: Meet at the IRP Gazebo Wednesday at 1:30pm: Meet at IRP Playground Thursday at 11am: Meet at parking lot to the right of the High School baseball field	Walking groups are held weather permitting Call Senior Center for Walking Group Info	1 9 AM Coffee & Continental Breakfast 10 AM Chair Yoga Hot Lunch 12 Noon 1:00 PM Police and Pies Program	2 9 AM Exercise w/Emma 10:30 AM Cards, Games & Cribbage 10:30 AM Project Linus Knitting Group 11 AM Brunch *Fuel Assistance* Appointments*
5 9 AM Exercise w/Emma 10 AM Coffee & Continental Breakfast Hot Lunch 12 Noon 1:30 - 2:30 PM Wii Bowling 2:30 PM Chair Yoga	6 9 AM Coffee & Continental Breakfast 10 AM - 2:30 PM AARP Safe Driver Class @ TH 10 AM Knitting & Crocheting Hour 10 AM Market Basket Plaza Trip Hot Lunch 12 Noon *Shine Counselor Appointments*	7 9 AM Coffee & Continental Breakfast 10:15 AM Fit & Trim w/Sandra Hot Lunch 12 Noon 12:30 PM Blood Pressure Clinic 1:30 PM Meditation and Chocolate Mindfulness Practice with Annette	8 9 AM Coffee & Continental Breakfast 10 AM Chair Yoga Hot Lunch 12 Noon	9 9 AM Exercise w/Emma 10:30 AM Cards, Games & Cribbage 11 AM Brunch
12 9 AM Exercise w/Emma 10 AM Coffee & Continental Breakfast Hot Lunch 12 Noon 12:30 PM Blood Pressure Clinic 1:30 - 2:30 PM Wii Bowling 2:30 PM Chair Yoga	13 9 AM Coffee & Continental Breakfast 10 AM Knitting & Crocheting Hour 11:30 AM Lunch Bunch Trip to the Horseshoe Grille Hot Lunch @ the Senior Center 12 Noon *Shine Counselor Appointments*	14 9 AM Coffee & Continental Breakfast 10:15 AM Fit & Trim w/Sandra Hot Lunch 12 Noon 12:30 PM Element Care PACE program "Summer Safety and Strawberry Shortcake"	15 9 AM Coffee & Continental Breakfast 9:30 - 10:30 AM Senator Tarr's Office Hour 10 AM Chair Yoga Hot Lunch 12 Noon & Celebrate Father's Day with entertainment by Tom Smith 1:30 PM - 2:30 PM Teen Tech Tutors	16 9 AM Exercise w/Emma 10:30 AM Cards, Games & Cribbage 11 AM Brunch
19 Juneteenth SENIOR CENTER IS CLOSED TODAY	20 9 AM Coffee & Continental Breakfast 10 AM Knitting & Crocheting Hour 10 AM Market Basket Plaza Trip Hot Lunch 12 Noon 1:00PM Introduction to Genealogy *Shine Counselor Appointments*	21 9AM Coffee & Continental Breakfast 10:15 AM Fit & Trim w/Sandra Hot Lunch 12 Noon 1PM "Getting the Most out of your Doctor's Appointment" presented by Melrose Wakefield Hospital	22 9 AM Coffee & Continental Breakfast 10 AM Chair Yoga Hot Lunch 12 Noon 12:30 PM Blood Pressure Clinic 1:30 PM Free Popcorn and a Movie "Downsizing" A science fiction comedy drama	23 9 AM Exercise w/Emma 10:30 AM Cards, Games & Cribbage 11 AM Brunch
26 9 AM Exercise w/Emma 10 AM Coffee & Continental Breakfast Hot Lunch 12 Noon 1:30 - 2:30 PM Wii Bowling 2:30 PM Chair Yoga	27 9 AM Coffee & Continental Breakfast 10 AM Knitting & Crocheting Hour 10 AM Market Basket Plaza Trip Hot Lunch 12 Noon 1 PM Widows of Veterans Social Group *Shine Counselor Appointments*	28 9 AM Coffee & Continental Breakfast 10:15 AM No Exercise Class Today 11:00 AM Learn about the TRIP Program Info Session by Mystic Valley Elder Services Hot Lunch 12 Noon 12:30 PM Blood Pressure Clinic	29 9 AM Coffee & Continental Breakfast 10 AM Chair Yoga Hot Lunch 12 Noon 1:00 PM iPhone Basics Class Advance Sign Up Required Space is Limited	30 9 AM Exercise w/Emma 10:30 AM Cards, Games & Cribbage 11 AM Brunch
IF SCHOOLS ARE CLOSED DUE TO BAD WEATHER ALL PROGRAMS AT THE SENIOR CENTER WILL BE CANCELLED	PLEASE CALL THE SENIOR CENTER FOR: *Appointments with the SHINE Counselor and Fuel Assistance (Required) *In - Town Van Transportation (24 Hour Advance Notice Required) *Reservations for Lunch and Special Events (REQUIRED) * Questions about local resources or programs			 Edith O'Leary Senior Center Building on the Common 157 Park Street, North Reading, MA 01864 (978) 664-5600

<https://www.vertex42.com/calendars/printable-calendars.html>

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